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# School Lunch



SCHOOL LUNCH PROGRAM

"NEWSLETTER"

Bulletin No. 6  
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1946

UNITED STATES DEPARTMENT OF AGRICULTURE  
PRODUCTION AND MARKETING ADMINISTRATION  
56 - 3rd Street, S. E.  
Huron, South Dakota

South Dakota  
Field Service Branch  
Telephone 721

## IMPROVING FOOD HABITS

The following paragraph is taken from the Bulletin 359, June 1945, titled "Nutritional Condition of Children in Relation to School Lunches in two South Carolina communities," and we are passing it on for your information:

The School Lunch may play an important role in immediate improvement of the food intake of many school children, but it has an even more vital function. It can provide an excellent starting point for improving food habits and for teaching the essentials of an adequate diet, not only to the children in the school but to the families from which they come. As a first step, teachers and school lunch sponsors must be prepared for this challenging educational opportunity.-S.C. Agri. Ext. Service

## FOOD PROSPECTS FOR 1946

What about food supplies for Americans next year? The USDA predicts a comparatively well-laden table. There will be more ice cream, cheese, condensed and evaporated milk, fluid cream, canned vegetables, and fresh and frozen fish. Eggs and fluid milk will continue plentiful, though the average per person may be smaller than this year. Supplies of chicken, turkey, fresh fruits, potatoes, and cereals will probably be about the same. The USDA forecasts enough meat to allow each person about 145 to 155 pounds, wholesale dressed weight. This compares with 130 pounds this year. Pork, better grades of beef, and veal, butter, margarine, other fats and oils, sugar, and canned fish will still be short.

Because the world supply in 1946 is expected to be about the same as 1945, it is unlikely that sugar will be ration-free for some time. While world production may increase, stock piles have been so reduced that there is less to draw upon than in the past. For example, the Philippines, which normally supply us yearly with a million tons, must rebuild production capacity before sizable amounts will be available. Shipments to the USA from the Caribbean area in the first 3 months of 1946 are expected to be much below normal because year-end stocks in that area are very low. The new crop will not begin to move in volume until March. The only world area where there are substantial sugar stocks is Java, and so far none are coming from there because of the internal situation.

If present agricultural plans materialize, the nutrition level of our people will be as high next year as in 1945, higher in several food values than for any year on record. There has been a fairly consistent upward trend for calcium and protein because of the larger supplies of milk. Levels of vitamins A and C are about a fifth higher now, owing to the increased use of citrus fruit, tomatoes, and green and yellow vegetables. We have more iron in our diets since it has been added to white bread and flour. Increases in thiamine, riboflavin, and niacin are partly due to the bread-enrichment program and increased use of milk and meat.-"Nutrition News Letter"-

USDA

# INTERNATIONAL CONFERENCE ON THE HISTORY OF THE AMERICAN INDIAN

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HOW'S YOUR PROGRAM THIS YEAR? Our office has received some very fine letters from school officials and sponsors in response to the paragraphs in the November and December "School Lunch Newsletters," regarding the different ways schools and sponsors operate lunch programs and the values they see and the benefits the youngsters realize from participation. We are very happy to get these comments since we are interested not only in your success and accomplishments but also in your problems and general activities. Please do keep sending in your letters! We sincerely appreciate them and they also prove helpful and of definite value when the information is made available to others who need assistance in order to operate a successful program.

When writing us in this connection, feel free to mention in what way you think your School Lunch program benefits your school children and renders a service to your community. Does the lunch program only mean the "feeding" of youngsters or does it hold the essential place it should in the school's over-all nutrition program? What hidden values do you sense or realize? Be assured we would be glad to hear from you as to your thinking, observations and comments.

#### WORD OF CAUTION AS TO MILK SUPPLY

Pasteurizing is not required so far as the serving of milk as a beverage is concerned in connection with school lunch programs operated by sponsors holding contracts with the United States Department of Agriculture. The safety and acceptability of milk remains the sponsor's responsibility. Many sponsors are able to secure safe supplies of raw milk while others desire pasteurized milk, or even do their own pasteurizing in their lunch program kitchens. Schools desiring information and suggestions regarding methods to do their own pasteurizing may address their inquiries to the State Nutrition Committee, Brookings, South Dakota, State Department of Health at Pierre, or State Agricultural Extension Service at Brookings. For tests relative to safe milk or milk supply, inquiry may be made directly to the State Department of Health, Pierre, South Dakota.

#### REHEATING HOME CANNED FOODS IS IMPORTANT

The following was taken from the booklet "Home Canning of Fruits and Vegetables," AWI-93, prepared by the Bureau of Human Nutrition and Home Economics:

"But unless you are absolutely sure about the canner and the way you've canned, boil home-canned vegetables before tasting. Bring to a rolling boil, cover, and boil for at least 10 minutes, add water if necessary. Spinach and corn need 20 minutes. If the food then looks or smells queer, destroy it."

#### CHANGE IN OFFICE ADDRESS

Our office has just recently moved into new quarters in the State Office of the Production and Marketing Administration, 56 Third Street, S. E., Huron, South Dakota. The telephone number is 721. Your reports, claims, and other communications may now be directed to us at our new location.

USDA -- PMA

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The Production and Marketing Administration represents the combining of the Office of Supply of the Commodity Credit Corporation and the Agricultural Adjustment Administration into one organization. Food production programs and the distribution and marketing activities are thus advantageously fused to render still greater and more



SPOTLIGHTS OF  
SCHOOL NEWS

SCHOOL Boards and architects when planning new school buildings or remodeling old structures are giving thought to providing for school lunch kitchens and dining rooms. A good illustration of this trend is the new Independent District School located at 41st & Summit in South Sioux Falls. Here all permanent kitchen fixtures are of such design as to assure efficient service and to permit easy cleaning, and all surfaces are sanitary and of attractive color. There is a place for everything and everything is in its place. This is a new field that should be given consideration when thinking of future building expansion.

\* \* \*

MEMBERS of the Alexandria Parent-Teacher Association redecorated the walls of their school lunch dining room, enameled the tables with bright colors, hung attractive drapes over the windows, thereby creating pleasant surroundings and bringing cheer to the children. And while we are on this subject, we also noticed a very commendable job being done by the teacher and pupils in a Yankton County rural school. They painted the walls and floor of their basement room and made a pleasant kitchen and lunchroom out of an old storage affair. To add color to the job the teacher furnished the paint!

\* \* \*

THE St. Joseph School at Woonsocket reports that they are expecting to receive soon a new double-oven, bottle gas cook stove and a 20 cu. ft. refrigerator. With the addition of this new equipment, this already fine lunch program should develop into one of the best.

\* \* \*

MORE KIDS EAT: Did you know that the Veblen Public Schools have more than doubled their school lunch participation in the past three months, despite the handicap of operating with very limited and crowded space. They have solved their problem by staggering the lunch periods of the different classes or groups so as to be able to serve more pupils. While this system is already being used by a number of sponsors throughout the State, possibly this scheme could be worked out to good advantage in still more schools.



Some sponsors, especially rural consolidated schools and one-teacher country schools, are already giving consideration to electric service and the installation of school lunch hot-plates through participation in a local unit established by the Rural Electrification Administration.

CAN YOU BEAT THIS? It has been brought to our attention that Mrs. Simonsen, cook for the New Effington Public School lunch program, has served faithfully for 5 years with no absent days. Mr. Leonard Wing, lunch program supervisor in the Wessington Springs Public Schools, has been on the job for about 12 years and has become a specialist in his line. The spirit of faithfulness and uninterrupted duty shown by persons like these are most commendable. Let us hear from other schools if any of you have similar items of interest to report.

Representatives at present calling on schools and conducting administrative reviews of school lunch programs are Harold C. Ristow, M. Wade Strater, and Arthur W. Simmers. Mr. Ristow recently returned to his position with the Department after having served over two years with the U. S. Navy.

effective government service to the farmer and agriculture in general, as well as to the public at large. The PMA in South Dakota is headed by Mark Nelsen, State Director and Theodore Nickisch, Assistant State Director, with headquarters at 56 Third St., S. E., at Huron.

Department of Agriculture programs administered by the PMA include School Lunch Program, Direct Commodity Distribution, Food Preservation, Distributive Trades, Fat Salvage, Marketing of Abundant Foods, Industrial Feeding, Agricultural Conservation Program, Sugar Production, Crop Insurance, Commodity Loans, Special Services to Farmers, Beef Production and Sheep and Lamb Payment Programs, and Dairy Production Payment Program.

The School Lunch Program has two primary objectives:

1. To encourage increased consumption of foods in temporary abundance and to aid American farmers in the long-term development of better domestic markets for agricultural commodities.
2. To assist local communities in the development and maintenance of programs providing adequate lunches to children in schools and child care centers, in order to strengthen the nutritional status of the Nation's children.

#### WHY BETTER SCHOOL LUNCHES\*

- 1-To improve the general health of school children and youth.
- 2-To develop desirable food habits in school children and youth, and indirectly to improve food habits of all members of the family.
- 3-To develop an appreciation and understanding of the types of food necessary to meet nutritional needs of children, youth, and adults.
- 4-To provide a situation in which the eating of food is a definite part of each child's or youth's complete school day.
- 5-To develop an appreciation of the importance of cleanliness in selecting, storing, preparing, and serving food.

#### THE COMMUNITY SCHOOL LUNCH PROGRAM

Its foundation -- local interest and initiative, local resources, local responsibility, cooperation.

Its requisites -- right kind of food, variety of nutritious food, time to enjoy it, pleasant environment.

Its activities -- more adequate lunches or meals at school, improvement in child health, community enterprise for school nutrition and child welfare, cooperative activity to make good the educational investment by safeguarding the health of children and youth.

Its outcomes --- knowledge of nutritional needs, improved eating practices, good manners, physical energy, enhanced scholastic attainments, better chance for health and citizenship.

\*(Taken from Leaflet 7, Vocational Division, U. S. Office of Education.)



# Superintendent Mentor says:

1. Just recently we had our milk supply tested and the source inspected by a representative from the Board of Health to insure the safety of milk we use in our School Lunch program. We were both fortunate and happy to find that the milk supplied to our school is safe and is produced and handled under sanitary conditions.
2. Among special lunch program visitors this year, we had a number of the State Nutrition Committee, our county home agent, a homemaking supervisor, a nutritionist and a home economist. These people came not only to pay us a pleasant call but also to offer their assistance and advice which we needed and had wanted for a long time. Not long ago our local doctor found time to drop in at school to help us by inspecting our facilities and equipment and sanitation matters in connection with our meal service.
3. We are planning on a Valentine's party and a program with a two-act play. Proceeds will go into our School Lunch fund.
4. Just recently I thought of how our modern philosophies consider the whole child as the citizen of tomorrow. I thought, too, how teachers, school officials, parents and community patrons work together so that children are not only taught well but also fed well. Then, I was particularly impressed by the following which I read in one of Joy Elmer Morgan's selections:



"The mind, like the body, grows by what it feeds on. Wise parents are as careful to nourish the minds of their children as to feed their bodies. They surround them with order and beauty; they plan to satisfy curiosity just as they seek to satisfy bodily hunger. Curiosity is the appetite for mental food. It leads the child to look, to examine, to experiment, to taste, to feel, to listen, to contemplate. What he gets in this way becomes the raw material of his mental processes. Have you ever noticed how your own mind goes back to your earlier experiences? How you attach meaning to each new fact in terms of what you know? Preserve therefore your habit of curiosity. Richness of experience is the foundation of mental growth."



If the WILL to succeed is as strong as the WISH for success -- you'll soon find yourself just as successful as you want to be.